

HOOKAH SMOKING

Hookah is a water pipe used to smoke flavored tobacco called shisha, marijuana, and other substances

Smoking hookah carries many of the same or greater health risks as smoking cigarettes^{1,2}

1
HOUR 
of hookah smoking

=

smoking
100
cigarettes³



Poisons in hookah tobacco and smoke may cause oral, lung, stomach, and esophageal cancer, reduced lung function, heart disease, and decreased fertility^{1,2,4}

Carcinogens

Nicotine

Carbon Monoxide

Metals



of 12th graders in King County reported smoking hookah in the last 30 days⁵

2013

5%

2014

9%

Hookah use among high school students in the U.S. is rising⁶

22-40%

of college students in the U.S. have smoked hookah in the past year⁷

For more information visit: www.kingcounty.gov/depts/health/smoking

Sources:

1. American Lung Association
2. International Journal of Epidemiology
3. World Health Organization
4. American Journal of Health Behavior

5. Healthy Youth Survey 2014
6. Centers for Disease Control & Prevention
7. Office of the Surgeon General

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